

Rangers Nation,

9th Graders:

We have had a great start to our 9th grade training camp and concluded the week with a scrimmage this past Saturday at Ranger Stadium. We are proud of their start. We still have a ton of things to work on, but they are working hard and learning our system fast. We look forward to our second week of training camp and are excited with their progress thus far. For the 9th grade this week, we will be transitioning to an earlier practice time structure. Please have the 9th graders arrive by 5:30 am. These are mandatory practices, and we would like to start at 6:00am sharp. Pick up time will be 7:50am on most days, with the exception of Thursday, which will be 12pm. Please note that on Thursday we will be serving the teachers and administration at Vista Ridge. After practice Thursday we will have the players to head down to the Vista Ridge Star in front of the library and begin to help teachers and administration move furniture and set up classrooms. They are scheduled to serve from 8am – 12pm on Thursday, 8/11. Please continue to have them bring a water bottle to practice each day. Also, we are encouraging all the players to begin bringing in soap, shampoo, and deodorant for post practice. As we get closer to the start of school, they are going to need these things in order to shower before their 2nd block class. Towels will be provided daily. These items will be stored in their locker lock box. Each athlete has been issued a combination lock with their lock box. We are encouraging everyone to lock all valuables in their lock box while practicing. Please help remind your son to lock up his valuables. We have also talked through our locker room rules about no horseplay and no use of cell phones in the locker room. Please help us by reminding them of this as well. Should they have any lock issues they have been instructed visit with Coach Spiller, who is in charge of this. It takes an army of volunteers to run all the events and activities throughout a season. We are asking that incoming 9th parents serve a minimum of 2hrs throughout the season to help out. Below you will find the sign up genius links to many of our events. Please take time to look them over and sign up to help this season.

JV/Varsity:

We are also super excited for the start of our 2022 season for our JV/Varsity teams. Mandatory training camp practices will be in the afternoon for our upperclassmen. I have listed details for the week below so you can plan accordingly. Please note that on Thursday we will be serving the teachers and schools of our feeder pattern. We will have sign-ups for the players to pick a school to go and help teachers and administration move furniture and set up classrooms. They are scheduled to serve from 8am – 12pm on Thursday, 8/11. Coach McSwain and Coach Hughes have reached out to the principals at our various feeder schools, and they are excited to have the help. It takes an army of volunteers to run all the events and activities throughout a season. Thank you to all that continually lend a helping hand throughout the season. Below you will find the sign up genius links to many of our events this year. Please take time to look them over and sign up to help this season.

Please Help by Signing Up for the following Upcoming Events:

Thursday Night Sub-Varsity Chains Crew:

<https://www.signupgenius.com/go/805084FABA62CA1FE3-chains>

Concession help for Scrimmage vs. Copperas Cove

<https://www.signupgenius.com/go/805084FABA62CA1FE3-concessions>

Concession help for Thursday night Sub-Varsity Home games:

<https://www.signupgenius.com/go/805084FABA62CA1FE3-vrhs1>

Merchandise help for Rally at the Ridge:

<https://www.signupgenius.com/go/805084FABA62CA1FE3-merchandise3>

Merchandise help for Varsity Home Games:

<https://www.signupgenius.com/go/805084FABA62CA1FE3-merchandise2>

VRHS Varsity Home Game Set Up:

<https://www.signupgenius.com/go/805084FABA62CA1FE3-home>

Saturday Coaches Lunch:

<https://www.signupgenius.com/go/805084FABA62CA1FE3-saturday>

VRHS Welcome Back Breakfast: (This one was given in last weeks newsletter):

<https://www.signupgenius.com/go/805084FABA62CA1FE3-vrhs>

VRHS Homecoming Parade help:

<https://www.signupgenius.com/go/805084FABA62CA1FE3-vrhs2>

Football Team Community Service:

The football program represented well at the “[Stuff the Truck](#)” event. Thank you to everyone who was able to donate to this cause. Attached is a picture from the event. [VR Football helping those less fortunate in the community.](#)

“Peanut Butter Bowl”

Additionally, our program along with Bowie HS will be collecting jars of peanut butter to help support those less fortunate in the community. After our game against Bowie, our jars of peanut will be picked up and donated to Hope Austin. The Peanut Butter Bowl, as it will be called, will pit us against Bowie HS in donating the most jars of peanut butter. Donations can also be made online through their website www.PeanutButterBowl.com. For every \$2 donated Vista Ridge will get credit for a jar of peanut butter. Please consider adding another jar of peanut butter to the grocery list and sending it in with your child to practice. [Jars of peanut butter will be collected in the coach’s office.](#)

Fall Football Fundraiser:

We will be selling local discount cards for our fall football fundraiser. Our amazing booster club has obtained commitments of our own from some awesome local businesses this summer without the use of an outside vendor. This means that all proceeds from card sales will go towards the football booster club. We will be kicking off this fundraiser this week and will use Saturday after the scrimmage to send the kids out into the community to sell these cards. This event will be called the “Fundraiser Blitz” and it will take place after the varsity portion of our Saturday, 8/13 scrimmage. We are planning to send the kids out to sell with their jerseys and return to campus by 2:30pm to return their jersey and be picked up. We could use some parents on that day to help drive kids to various locations in the community. Please partner with us to help make this the best fundraiser VR has ever had. More details to come. Stay tuned.

Also, if you have not had a chance to add the sportsYou app to your device please do so. This will be the final email delivered Weekly Agenda. Going forward we will utilize sportsYou as the primary form of communication for the season. Details can be found below about how to sign up.

Enjoy the week.

Go Rangers!

Coach Scott & Staff

*We will be transitioning to the use of (**sportsYou app**) for access to parent/player weekly agendas and team information moving forward for parents/guardians/players. Attached is a [link to details of how to join either on a device or through your desktop computer](#). I will continue to send emailed agendas for the next couple of weeks to help ease the transition. sportsYou Code: **5YZMMH22**

Football Weekly Agenda Week 2 (8-8), All Training Camp

Monday (Family)

(OL Locker Room/Cafeteria)

5:30am 9th grade Players Report

5:45am 9th Team Meeting Study Hall

6:00am 9th Practice (Turf)

7:50am 9th Parent Pick Up

4:15pm JV/VAR Players Report & Check In (Physicals Turned In, LISD Online Forms Complete, Impact Concussion Test Complete)

4:40pm Team Meeting Study

5:00pm JV/VAR Practice (Grass)

7:30pm JV/VAR Parent Pick Up

Tuesday (Character)

(DL Locker Room/Cafeteria)

5:30am 9th grade Players Report

5:45am 9th Team Meeting Study Hall – Fundraiser Preview

6:00am 9th Practice (Turf)

7:50am 9th Parent Pick Up

4:00pm JV/VAR Players Report & Check In (Physicals Turned In, LISD Online Forms Complete, Impact Concussion Test Complete)

7:15pm JV/VAR Parent Pick Up

Wednesday(Toughness)

(LB/H/TB/QB Locker Room/Cafeteria)

5:30am 9th grade Players Report

5:45am 9th Team Meeting Study Hall

6:00am 9th Practice (Turf)

7:50am 9th Parent Pick Up

4:00pm JV/VAR Players Report

4:30pm JV/VAR Practice (Grass)

7:15pm JV/VAR Parent Pick Up

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Teacher Workday Community Service Reminder (Hughes, McSwain)

5:30am 9th grade Players Report

5:45am 9th Team Meeting Study Hall

6:00am 9th Practice (Turf)

8:00am 9th Grade Players report to Study Hall, Instructions for 9th Community Service, Big Star location by princess stairs at VRHS.

12:00 9th Parent Pick Up

8:30am to 12:00pm JV/VAR Community Service (Feeder Schools Sign Up, Various Locations)

4:00pm JV/VAR Players Report

4:30pm JV/VAR Practice (Grass)

7:15pm JV/VAR Parent Pick Up

Friday (Payday)

(WR Locker Room/Cafeteria)

5:30am 9th grade Players Report
5:45am 9th Team Meeting Study Hall
6:00am 9th Practice (Turf)
7:50am 9th Parent Pick Up
4:00pm JV/VAR Players Report
4:30pm JV/VAR Practice (Grass)
7:15pm JV/VAR Parent Pick Up

Saturday

(LC Locker Room Duty)

7:45am 9th/JV Arrival
8:30am 9th/JV Scrimmage
9:15am VAR Arrival
10:00am VAR Scrimmage
11:15am All Jerseys, All Player Fundraiser Meeting Large Study Hall
11:30am – 2:30pm All Fundraiser Blitz (Community Card Sales), Parents please help with rides for players.
2:30pm Return to VRHS Return Jersey Large Study Hall
2:45 pm Parent Pick Up @ VR

Physical Form (Students must have a physical completed prior to participating in practices this fall season. In coming 9th grade season practices will begin Aug. 1st. If they have not already turned their physical in, athletes will need to bring it with them to the field house to turn in on August 1st for our incoming 9th grade class.)

[2022 LISD Physical Form Copy](#)

Rank One Forms (LISDs UIL forms and Emergency Contact information filled out online)

All LISD online form must be completed prior to participating in practices this fall season. Please complete before Aug. 1st.

[LISD/UIL Rank One Online Forms for the 2022 Season](#)

Impact Concussion Baseline Testing: ([Impact Test](#))

LISD requires that each child complete the baseline concussion test. If they have not completed this, please have them follow the link and have them complete this test prior to Aug. 1st(9th) and Aug. 8th (JV/Var). Instructions can be found on the site and results will automatically be sent to our sports medicine team. Impact Baseline Testing Code for VRHS: **6YE1GKCCTX**